



Homemade Chocolate

24 servings

10 minutes

Ingredients

- 1 cup Coconut Oil
- 1/4 cup Maple Syrup (or honey)
- 1 cup Cocoa Powder
- 1/2 tsp Vanilla Extract
- 2 tbsps Maca Powder (optional add-on)
- 2 tbsps Medicinal Mushroom Powder (optional add-on)
- Sea Salt (just a pinch, optional add-on)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 103 |
| Fat | 9g |
| Carbs | 5g |
| Fiber | 2g |
| Sugar | 3g |
| Protein | 1g |

Directions

- 1 Melt coconut oil and maple syrup together.
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- 2 Add the rest of the ingredients and mix well.
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- 3 Pour into a parchment paper lined 9x9 inch pan and refrigerate for at least 1 hour. Cut into squares and store in fridge. Alternatively you can spoon into silicone candy trays.

Notes

MACA & MEDICINAL MUSHROOMS: We call this Superhero chocolate because of our two superpower-ingredients: Maca and Medical Mushrooms. These ingredients are optional, and won't change the taste of your chocolate in the suggested serving size. But they pack a powerful punch of health and goal-supporting properties! You can find both in most health food stores, but simply omit if you don't have them.

CHOCOLATE & HEART HEALTH: Cocoa, the primary ingredient in finished chocolate, is rich in antioxidant polyphenols, a group of protective chemicals found in many plant foods including red wine and tea. The polyphenols in chocolate help to reduce the oxidation of LDL bad cholesterol, a major risk factor in coronary disease.

THIS IS HOW WE DO TREATS!: We LOVE our snacks and treats, and would never ask that you give yours up either! This is how we can include our faves in our diets occasionally without sabotaging our goals. Real food ingredients, super simple and quick to make at home and always have a batch in the fridge or freezer when cravings hit. Enjoy a little, guilt-free, and put it away until next time!

TAGS: This recipe is dairyfree, glutenfree, soyfree, eggfree, vegan, vegetarian, paleo and keto friendly.